

Spicy Pumpkin Soup

2 tbsp coconut oil (Can use olive or any good quality oil)

1 large onion

5 cloves garlic

1 jalapeño pepper (minced). For this smaller batch, start with 1/2 pepper and add after 40 minutes of cooking if it needs more spice.

8 cups stock (I used vegetable stock but chicken stock would be a good choice too)

1- 29 oz. can pumpkin

1- 15 oz. white beans

2 tbsp red wine vinegar (IMPORTANT to add the vinegar, but can use apple cider vinegar if it is all you have on hand)

2 - 4 tbsp sweetener (Maple syrup, Sucanat) - honey Can be used but please add after the soup is cooked, as honey should not be cooked)

In large sauce pan, heat oil and add onions and peppers. Sauté for 5 to 10 minutes, this is really important for flavour, you want to cook on medium heat and gradually turn the onions to a beautiful caramel colour. It makes so much difference in the flavour! Add the stock and the beans and simmer on low for 30 to 40 min.

Then add vinegar and maple syrup and with an immersion blender blend to a smooth thick soup. Use a food processor or blender if you do not have the hand held immersion blender, and then put the hand held immersion blender on your Christmas wish, want and need list!

*I added a dash of cinnamon and nutmeg to the soup after it was cooked and some fresh cilantro, and served with an optional dollop of plain Greek yoghurt but you can use half and half, cream or sour cream.

Because of the large batch of soup I was cooking, I used dried white beans. I soaked them overnight and cooked them in the early morning with a small onion and 2 cloves garlic. (I do not add any salt to dried beans before they are cooked as I find it makes them tough.)